



Module 14: TRICARE Online Resources



Module Objectives

After this module, you should be able to:

- Assist beneficiaries who use the Internet and TRICARE Web sites
- State the purpose of the Web sites discussed
- Recall how to search for information in the TRICARE manuals
- Recognize online tools used to assist beneficiaries with tracking claims



TRICARE Homepage

www.tricare.mil

TRICARE.mil is the official Web portal for TRICARE information

- It is comprised of nine content areas, including the two main portals:
 - TRICARE Benefit Information - eligibility; medical, dental, vision, prescription plans
 - TRICARE Management Activity - contains information for TRICARE staff worldwide, TRICARE Providers, and TRICARE Contracting



My Benefit Portal

www.tricare.mil/mybenefits

- The TRICARE Benefit Portal offers an overview of and specific information on TRICARE



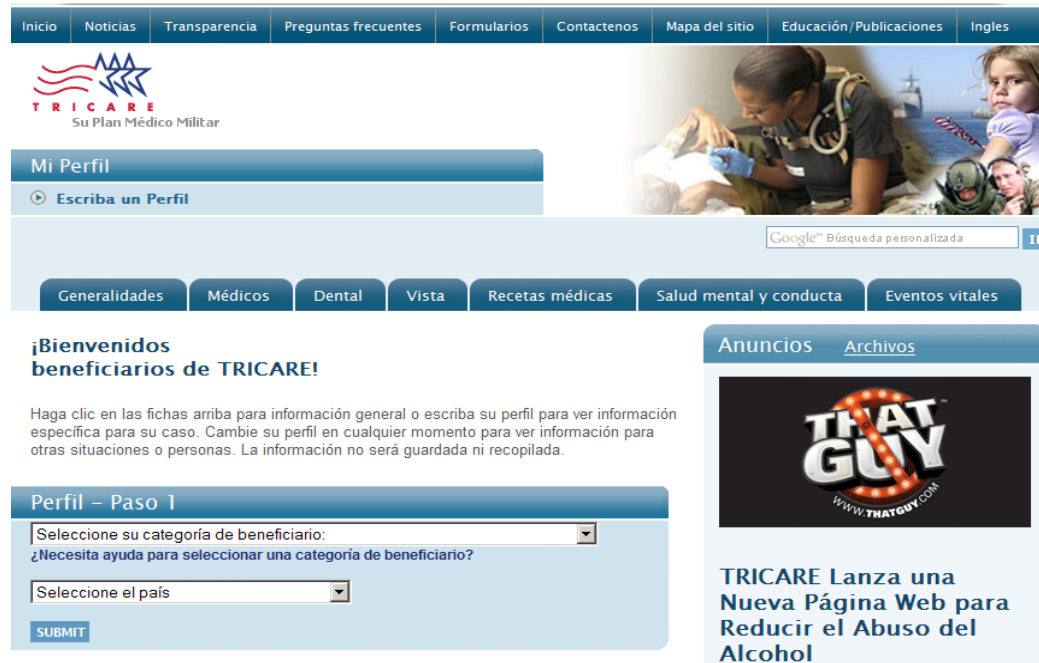
The screenshot shows the TRICARE My Benefit Portal homepage. At the top is a navigation bar with links: Home, News, Transparency, FAQs, Forms, TRICARE Contacts, Site Map, Education/Publications, and Español. Below this is the TRICARE logo with the tagline "Your Military Health Plan" and a large background image of a family. A "My Profile" section includes a link to "Enter a Profile". A Google Custom Search bar is present. Below the search bar are tabs for Overview, Medical, Dental, Vision, Prescriptions, Mental Health and Behavior, and Life Events. The main content area features a "Welcome TRICARE Beneficiaries!" message with instructions to click on tabs or enter a profile. Below this is a "Profile - Step 1" form with dropdown menus for "Select Your Beneficiary Category" and "Select Country", and a "SUBMIT" button. On the right, there is an "Announcements" section with a link to "Archives" and a featured announcement titled "DOT MIL DOCS" with a sub-header "Military Children: Coping with Change" and a brief description about Blog Talk Radio.



TRICARE Web site in Spanish

www.tricare.mil/mybenefit/espanol

- This Web site offers a Spanish-translated version of the TRICARE Benefit Information Portal. The addition of the Spanish-translated portal is a part of TRICARE's ongoing effort to educate TRICARE beneficiaries in both English and Spanish.



The screenshot shows the TRICARE website in Spanish. At the top is a navigation bar with links: Inicio, Noticias, Transparencia, Preguntas frecuentes, Formularios, Contactenos, Mapa del sitio, Educación/Publicaciones, and Ingles. Below this is the TRICARE logo with the tagline 'Su Plan Médico Militar'. The main content area is titled 'Mi Perfil' and includes a button 'Escriba un Perfil'. To the right of the 'Mi Perfil' section is a large image showing a medical professional attending to a patient. Below the 'Mi Perfil' section is a search bar with the text 'Google™ Búsqueda personalizada' and a 'IR' button. Below the search bar is a row of buttons: Generalidades, Médicos, Dental, Vista, Recetas médicas, Salud mental y conducta, and Eventos vitales. Below this row is a section titled '¡Bienvenidos beneficiarios de TRICARE!' with a paragraph of text. Below the text is a section titled 'Perfil – Paso 1' with two dropdown menus: 'Seleccione su categoría de beneficiario:' and '¿Necesita ayuda para seleccionar una categoría de beneficiario?'. Below the second dropdown menu is another dropdown menu: 'Seleccione el país'. Below the third dropdown menu is a 'SUBMIT' button. To the right of the 'Perfil – Paso 1' section is a sidebar with a section titled 'Anuncios' and 'Archivos'. Below this is a large image of a 'THAT GUY' logo with the text 'WWW.THATGUY.COM'. Below the image is a section titled 'TRICARE Lanza una Nueva Página Web para Reducir el Abuso del Alcohol'.



TRICARE Online Web site <https://www.tricareonline.com/welcome.do>

- TRICARE Online offers registered MTF users the opportunity to schedule and view appointments, access general health information as well as information on available benefits and services



TRICARE Online.com

Welcome to TRICARE Online

TRICARE Online is a secure web portal designed to increase access to care for authorized TRICARE beneficiaries and increase access to information for designated TRICARE physicians and support staff.

Review the Security Disclaimer below for important information regarding the usage of this website. Clicking on the "I Agree" button confirms your agreement to the terms outlined, and allows you to view pre-logout information for this site.

TRICARE Online Privacy and Security Policy

- » Introduction
- » Privacy Act Warning
- » Security of Information
- » Family Members and Privacy
- » Registration and Login
- » The Use of Cookies
- » Password Protection
- » Logging Out

Contact Numbers

TRICARE North Region (HealthNet)
1-877-874-2273

TRICARE South Region (Humana)
1-800-444-5445
1-800-403-3950

TRICARE West Region (TriWest)
1-888-874-9378

TRICARE Overseas (WPS)
1-888-777-8343

TRICARE For Life
1-866-773-0404

DMDC Support Office



Military Health System Homepage www.health.mil

- Health.mil is the official website of the Military Health System (MHS)
- The Web site also contains a blogging feature that lets MHS staff and site visitors' share thoughts, stories, and information with other bloggers



The screenshot shows the homepage of the Military Health System (MHS) website. At the top, the U.S. Department of Defense logo is on the left, and the URL www.health.mil is on the right. The main heading is "Military Health System". Below this, a news ticker reads: "In the News: sday, April 15, 2009 Veterans Affairs: VA Announces New Nursing Academy Sites AP: Retu". A navigation bar contains links: "About the MHS", "MHS Partners", "Healthcare in the MHS", "Education & Training", and "Research & Publications", followed by a search bar. The main content area is divided into three columns. The left column features a large photo of volunteers packing care packages, with the headline "USO Gets a Big Hand From Little Helpers" and a brief description. The middle column lists "Top Headlines" including "USNS Comfort Crew Brings Aid to Haiti", "Military Health System Launches Traveling Fellowship Program", "President Announces Joint Virtual Lifetime Electronic Record", "What's Your Drinking IQ?", "Military Child Month", "'Believe in Tomorrow' Gives an Air Force Family Hope", "Q&A with US Family Health Plan's Tracy Malone", and "Army's Top Nurse Named USO Woman of Year". The right column shows a "Latest Video" player with a red Muppet character and a "Visit the Video & Audio Section" button. At the bottom, there is a "Latest MHS Blog Entry" section for Wednesday, April 15, 2009, titled "Kids Who Care Talk About Military Moms and Dads" by a Guest Blogger. Two additional links are at the very bottom: "» Military Doctor Cites Need for Early Intervention of Autism" and "» General Urges Service Members to Seek Help for Stress Disorder".



TRICARE Management Activity

<https://www.tricare.mil/tma/default.asp>

- The **TRICARE Management Activity** Portal is the corporate side of the TRICARE.mil Web site
- It contains links to information on contracting, policy, rates and reimbursement for use by MHS staff

TRICARE

TMA Home About TMA Conferences TRICARE Contacts Transparency Feedback Site Map

Google Custom Search Search

TRICARE Management Activity A component of the Military Health System

Clinical Operations / Patient Care Communications and Customer Service TRICARE Acquisitions Financial Operations Information Systems Policy Rates and Reimbursement Studies and Evaluation

Archives

Announcements

Dear Major General Elder Granger,

I would like to express my deepest gratitude to you and all those involved in granting me the remarkable opportunity to provide my son the finest treatment available for Autism. Furthermore, my heartfelt appreciation goes to all those who made the application approval for the Exceptional Family Member Program an experience that far surpassed my every expectation. Hat's off to the Military Health System who continues to devote their time and superior efforts to pursue the well-being and healthy lifestyle of military families around the world.

Lastly, congratulations on winning the annual University of Arkansas for Medical Sciences Distinguished Alumnus Award. Well deserved. Keep up the outstanding work!

Very Respectfully,
TSgt USAF



Media Center

www.tricare.mil/mediacenter

- The Media Center is a resource for the latest MHS and TRICARE news and announcements



The screenshot shows the TRICARE Media Center website. At the top is a navigation bar with links: Press Room, About TMA, HealthBeat, Conferences, TRICARE Contacts, Transparency, and Feedback. Below this is the TRICARE logo and the text "U.S. Department of Defense MILITARY HEALTH SYSTEM" with an update date of "Updated April 9, 2009". A secondary navigation bar includes links for News, Press Kits, Multimedia Gallery, Resources, Subscriptions, and Media Queries, along with a Google Custom Search box. The main content area features a large banner for the "Press Room" with the headline "Welcome to the Press Room" and a "TOP STORY" section titled "Not Another Lazy Afternoon at the Retirement Home". Below the banner are three columns: "Featured Stories" with an article on alcohol consumption, "Around the MHS" with a section titled "The Doctor Is In" and a photo of a man, and "News Releases" with several dated announcements from April 2009. At the bottom of the page are logos for the Department of Defense and TRICARE, and a circular seal for TRICARE University.

Press Room | About TMA | HealthBeat | Conferences | TRICARE Contacts | Transparency | Feedback

U.S. Department of Defense
MILITARY HEALTH SYSTEM
Updated April 9, 2009

News | Press Kits | Multimedia Gallery | Resources | Subscriptions | Media Queries | Google Custom Search | search

Welcome to the Press Room

TOP STORY
Not Another Lazy Afternoon at the Retirement Home
Placed on historic rolling farmland with scenic views of the Nation's Capitol and monuments...
To read more click [here](#).

Featured Stories

A Glimpse at the Many Sides of Alcohol Consumption
A glass of wine with dinner or a champagne toast are nothing out of the ordinary. Social drinking is widely accepted, but also an opportunity for excessive alcohol use. Alcohol use and abuse has long been a concern of the Department of Defense (DoD).
To read more click [here](#).
[>> Feature Story Archives](#)

Around the MHS

The Doctor Is In



Alcohol Awareness Month and Screening
Irresponsible and illegal alcohol use impairs the health, performance, and readiness of the U.S. Armed Forces. The 2005 DoD Survey on Health Related Behaviors showed that military members aged 18 to 25 were more likely to drink heavily than civilians in the

News Releases

4/7/2009 - Paying TRICARE Enrollment Fees Electronically is Easy
4/3/2009 - TRICARE Strips Down Price for Diabetic Supplies
4/1/2009 - TRICARE Launches New Web Page to Down Alcohol Abuse
[>> News Release Archives](#)
[>> TRICARE Contractor News](#)
[>> DoD/VA Sharing Newsletters](#)

Media Resources



HealthBeat

www.tricare.mil/HealthBeat/

- HealthBeat is TRICARE's online beneficiary newsletter that provides access to TRICARE news releases and email updates.

HealthBeat Archives

2009

- ✦ April 2009
- ✦ March 2009
- ✦ February 2009

2008

- ✦ December 2008
- ✦ November 2008
- ✦ October 2008
- ✦ September 2008
- ✦ August 2008
- ✦ July 2008
- ✦ June 2008
- ✦ May 2008
- ✦ April 2008
- ✦ March 2008
- ✦ February 2008
- ✦ January 2008

2007

- ✦ December 2007
- ✦ November 2007
- ✦ October 2007
- ✦ September 2007



Health Beat E-Newsletter
April 2009

The latest TRICARE news, health and benefit information.

News Release

TRICARE Reserve Select Plays Vital Role in Continuity of Coverage for Reserve Components

New, lower rates will help provide continuity of coverage to Reserve Component members and their families. Army Maj. Gen. Elder Granger, deputy director of TRICARE Management Activity, and Chief of Army Reserves Lt. Gen. Jack Stultz discussed their thoughts on the evolution of TRICARE Reserve Select (TRS) during recent interviews.

<http://www.tricare.mil/pressroom/news.aspx?fid=516>

TRICARE Beneficiaries Have Access to DoD Self-Service Logon

The Department of Defense (DoD) family member account to access the Defense Enrollment Eligibility Reporting System (DEERS) has a new name and the Web site has a new look. It is now called "DS Logon." A DoD Self-Service Logon-or "DS Logon"-is a secure credential issued to uniformed service members, spouses, and other family members 18 and older who are eligible for benefits in the DEERS system. It allows access to secure DoD web applications.

<http://www.tricare.mil/pressroom/news.aspx?fid=513>



TRICARE Smart

www.tricare.mil/tricaresmart

- TRICARE Smart is the main source for viewing and ordering TRICARE products online
- Military Health System staff can view, print, e-mail or download copies of TRICARE brochures, booklets, handbooks, and other products
- It is also a tool for the public to download or print products

TRICARE Smart



Select One of the TRICARE Smart Sites

TRICARE Products Online

To download, print, or view
TRICARE products click here.

-- Public Site --

Bulk Orders

To order TRICARE products in
bulk, click here.

-- For Registered POCs --



TRICARE Fact Sheets

www.tricare.mil/factsheets/

- The TRICARE Fact Sheets are designed for anyone who needs detailed information on particular TRICARE topics
- Beneficiaries should use the profile search engine to view and print TRICARE information

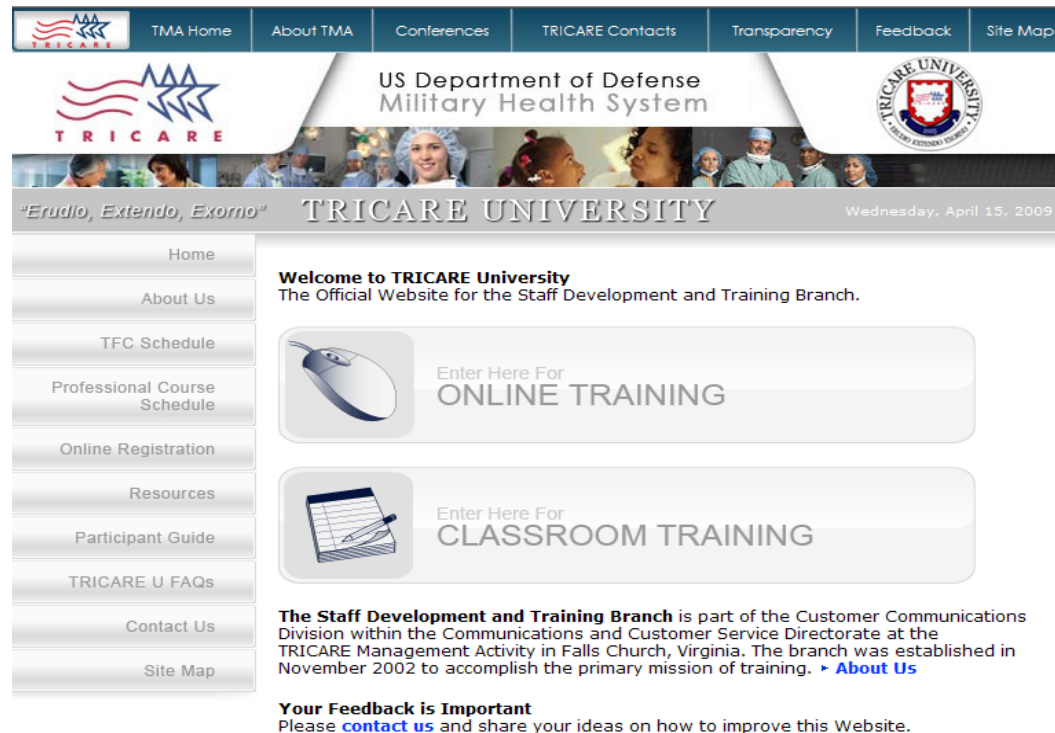
[Text Only Version](#) [Subscribe to Fact Sheets](#) [Unsubscribe to Fact Sheets](#) [RSS Sub:](#)



TRICARE University

www.tricare.mil/tricareu

- TRICARE University (TRICARE U), a part of the Communications and Customer Service Directorate of the TRICARE Management Activity, supports the training and education of MHS staff who work directly with TRICARE beneficiaries



The screenshot shows the TRICARE University website. At the top is a navigation bar with links: TMA Home, About TMA, Conferences, TRICARE Contacts, Transparency, Feedback, and Site Map. Below this is a banner for the US Department of Defense Military Health System, featuring the TRICARE logo and a circular seal for TRICARE UNIVERSITY. The main header includes the motto "Erudio, Extendo, Exorno" and the date "Wednesday, April 15, 2009". A left sidebar contains a vertical menu with links: Home, About Us, TFC Schedule, Professional Course Schedule, Online Registration, Resources, Participant Guide, TRICARE U FAQs, Contact Us, and Site Map. The main content area has a "Welcome to TRICARE University" message, identifying it as the official website for the Staff Development and Training Branch. Below this are two large buttons: "Enter Here For ONLINE TRAINING" (with a mouse icon) and "Enter Here For CLASSROOM TRAINING" (with a notepad icon). At the bottom, a section titled "The Staff Development and Training Branch" provides background information and a link to "About Us". A final section, "Your Feedback is Important", encourages users to contact the site for improvements.

US Department of Defense
Military Health System

TRICARE UNIVERSITY

"Erudio, Extendo, Exorno"

Wednesday, April 15, 2009

Home
About Us
TFC Schedule
Professional Course Schedule
Online Registration
Resources
Participant Guide
TRICARE U FAQs
Contact Us
Site Map

Welcome to TRICARE University
The Official Website for the Staff Development and Training Branch.

Enter Here For
ONLINE TRAINING

Enter Here For
CLASSROOM TRAINING

The Staff Development and Training Branch is part of the Customer Communications Division within the Communications and Customer Service Directorate at the TRICARE Management Activity in Falls Church, Virginia. The branch was established in November 2002 to accomplish the primary mission of training. [About Us](#)

Your Feedback is Important
Please [contact us](#) and share your ideas on how to improve this Website.



WPS Online Claims System

www.TRICARE4u.com

- Wisconsin Physician Service (WPS) is the claims processing contractor for the West region, overseas regions, and TRICARE for Life
- TRICARE4U is the Web site through which registered users (beneficiaries, BCACs, physicians) can check the status of claims

The screenshot shows the TRICARE4u.com website. At the top is a navigation bar with links for BENEFICIARIES, PROVIDERS, GOVERNMENT USERS, CONTACT US, and ABOUT US, along with a search bar. Below the navigation bar is a large banner image featuring a group of people, including a man in a military uniform, with the text 'Welcome to TRICARE4u.com, the on-line resource for TRICARE For Life and Overseas beneficiary and provider populations. Brought to you by WPS HEALTH INSURANCE'. To the right of the banner are three smaller images labeled BENEFICIARIES, PROVIDERS, and GOVERNMENT USERS. Below the banner is a 'QUICK LINKS' section with links to TRICARE for Life Handbook, TRICARE for Life Elver Forms, Pharmacy, Pharmacy Overseas, and WPS Corporate Website. To the right of the quick links is a 'SIGN IN OR REGISTER' section with links to Sign In, Register, Why Register?, and How to Register. Below the quick links is a 'WPS ORGANIZE to SAVE LIVES' logo. To the right of the quick links is a 'NEWS' section with a date of March 27, 2009, and a headline 'Study of TRICARE Beneficiary Data Associates Influenza Treatment With Reduction in Risk Of Heart Attack And Stroke'. Below the headline is a paragraph of text about a study using TRICARE beneficiary health data. At the bottom of the news section is a link to the full news release and a sub-headline 'A Healthy Heart for a Healthy Life'. Below the sub-headline is a paragraph of text about heart disease in the United States.

TRICARE4u.com

BENEFICIARIES PROVIDERS GOVERNMENT USERS CONTACT US ABOUT US SEARCH:

Welcome to TRICARE4u.com, the on-line resource for TRICARE For Life and Overseas beneficiary and provider populations. Brought to you by WPS HEALTH INSURANCE

BENEFICIARIES PROVIDERS GOVERNMENT USERS

IN THE SPOTLIGHT Text Size: A | A | A

healthwise Online Health Encyclopedia Login Help

NEWS

March 27, 2009

[Study of TRICARE Beneficiary Data Associates Influenza Treatment With Reduction in Risk Of Heart Attack And Stroke](#)

Falls Church, Va. - A study using TRICARE beneficiary health data suggests that a common treatment for influenza may significantly decrease the risk of recurring cardiovascular (CV) events in patients with a history of CV disease. The influenza treatment is oseltamivir, more commonly known under its trade name of Tamiflu. Not a flu shot, the medication is used to help prevent the flu after exposure, or lessen the severity of symptoms.

View the full news release, please visit: <http://www.tricare.mil/pressroom/news.aspx?id=515>

[A Healthy Heart for a Healthy Life](#)

FALLS CHURCH, Va. - Heart disease is the number one cause of death in the United States of America. According to the Centers for Disease Control and Prevention, almost 700,000 people die from heart disease in the United States each year. February is American Heart



PGBA Online Claims System

www.myTRICARE.com

- PGBA is the claims processing contractor for the North and South regions
- MyTRICARE.com is the Web site through which registered users (beneficiaries, BCACs, physicians) can check the status of claims entered into Palmetto Government Benefits Administration (PGBA) system



Regional Contractor for the North Region

<https://www.hnfs.net/bene/home/>

[Beneficiary](#) [Provider](#) [Government Relations](#)



[Home](#) [Enrollment](#) [Claims](#) [Authorizations](#) [Benefits](#) [Healthy Living](#) [Behavioral Health](#)

[Login](#)  [Register](#)

[Search](#)

Popular Tasks

- Find a Provider
- Find a MTF or TSC
- Make Payment On-line
- PCM Selection Guide
- Enroll In Prime

[More >](#)

Popular Pages

- Contact Us
- Enrollment Activities
- Forms Library
- TRICARE Plan Options



National Guard and Reserve TRICARE Benefits Video Now Available Online
[Click here to watch the video](#)



TRICARE: In The Spotlight

Learn more about TRICARE national initiatives including program changes and areas of special interest.

[Behavioral Health Provider Locator and Appointment Assistance](#)

[TRICARE Reserve Select, Guard and Reserve Benefits and Guard and Reserve TRICARE Benefits Video](#)

[New Changes For PCM Assignments](#)

[Disney Offers Military Discounts At Theme](#)

TRICARE Resources

- [Acronyms](#)
- [Bill of Rights](#)
- [Common Medical Specialty Definitions](#)
- [Contact us](#)
- [Disaster resources](#)
- [FAQs](#)
- [Forms](#)
- [Glossary](#)
- [Manuals](#)
- [Military Treatment Facilities](#)
- [Pharmacy information](#)
- [Program links](#)
- [Program materials](#)
- [TRICARE Service Centers](#)



Regional Contractor for the South Region <http://www.humana-military.com/>

HUMANA MILITARY
HEALTHCARE SERVICES
★★★★★

*The most trusted
name in government
health solutions.*



**Log in to MyHMHS
For.....**

- Beneficiaries** 1
- Providers** 1
- Government** 1

Beneficiary ▶

If you are a TRICARE beneficiary, including active duty, or want to learn more.

[Find a Provider ▶](#)

Provider ▶

If you are a doctor, provider, hospital, or facility.

[Find a Provider ▶](#)

Government ▶

If you are an MTF employee or member of the TRO South staff.

Newsroom/Alerts

- › Fleet Week 2009-Port Everglades
- › New Fisher House for Augusta GA
- › HMHS offers CME Courses
- › HMHS is URAC reaccredited
- › HMHS/USA Cares Golf Scramble

Our Partners

ValueOptions
PGBA, LLC



Puerto Rico ▶

For active duty and Prime active duty family members in Puerto Rico.
[en español](#) 🌐



CHCBP ▶

Health benefits while transitioning from military to civilian health plans.



ACCREDITED



Payments
[TRICARE.mil](#)
[Email Preference](#)

Careers
[TRO South](#)
[HMHS Awards](#)



Regional Contractor for the West Region <https://www.triwest.com>



Welcome
TO THE TRICARE WEST REGION

TriWest Healthcare Alliance administers the TRICARE program for military Service members and their families in the 21-state West Region. [More»](#)



[LOGIN](#) | [FIND A PROVIDER](#) | [ABOUT TRIWEST](#)

PLEASE CHOOSE WHAT TYPE OF VISITOR YOU ARE

Beneficiary



Provider



Government



SUPPORTING OUR COMMUNITY 

- **4/14/2009**
TRICARE Helps Families Face Autism
- **4/14/2009**
Behavioral Healthcare Stigma Addressed at Symposium
- **4/13/2009**
TriWest Earns Contact Center Certification

[MORE NEWS >](#)



[About TriWest](#) | [Employment](#) | [Contact Us](#) | [Site Map](#) | [News Room](#)

[Terms and Conditions](#) | [Privacy Policy](#) | [TRICARE.mil](#)


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TRICARE Area Office: Eurasia-Africa

www.tricare.mil/tma/EurasiaAfri




TRICARE Eurasia-Africa


[Español](#)

[TMA Home](#) > [TRICARE Europe Home](#)

Training & Conferences




TGRO Remote POC Information




Preferred Provider Network



MTF Information Portal

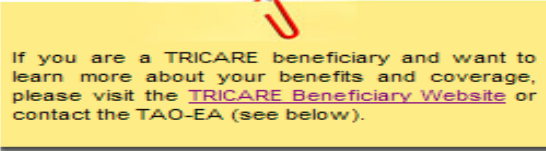


Senior Enlisted Liaison



TRICARE Eurasia-Africa Area

Welcome to the TRICARE Area Office-Eurasia-Africa (TAO-EA) Website! This site is designed for TAO staff members, military treatment facility (MTF) staff members, customer service representatives, providers and others who assist TRICARE beneficiaries in the TRICARE Eurasia-Africa Area.



If you are a TRICARE beneficiary and want to learn more about your benefits and coverage, please visit the [TRICARE Beneficiary Website](#) or contact the TAO-EA (see below).

TRICARE Area Office-Eurasia-Africa

The TAO-EA, in collaboration with MTF commanders, is responsible for the development and execution of an integrated plan for the delivery of healthcare within the Eurasia-Africa Area which is comprised of the European and African continents, all Middle Eastern countries, Pakistan, Russia and several former Soviet Republics including the Baltic States, Ukraine, Georgia, Kazakhstan, Kyrgyzstan and Uzbekistan.

Location:	Sembach, Germany
Address:	TRICARE Area Office TRICARE Eurasia-Africa Unit 10310 APO AE 09136-0130
Phone:	888-777-8343 option 1
DSN:	496-6314

TRICARE TRICARE Eurasia-Africa Area Information

[TOPIC OF THE MONTH](#)

[TRICARE SERVICE CENTERS \(Eurasia-Africa\)](#)

[NURSE ADVICE LINE](#)

[TRICARE EURASIA-AFRICA MARKETING](#)

[FACT SHEETS](#)

[FORMS AND DOWNLOADS](#)

[CLAIMS ADDRESSES](#)

[RELATED LINKS](#)

HOT NEWS!

TRICARE is proud to announce the [TRICARE Spotlight](#) page to recognize awards, promotions and good news across the MHS.

[Previous](#) | [Next](#)

Quick Links

[U.S. EMBASSIES](#)

[TRICARE BENEFICIARY WEB SITE](#)

[MANUALS](#)


[FREQUENTLY ASKED QUESTIONS](#)


[MTF LOCATOR](#)



TRICARE Area Office: Pacific

www.tricare.mil/pacific

[TMA Home](#) [About TMA](#) [Conferences](#) [TRICARE Contacts](#) [Transparency](#) [Feedback](#) [Site Map](#)




TRICARE Pacific


[Español](#)

[TMA Home](#) > [TRICARE Pacific Home](#)


I'm New to TRICARE




My TRICARE Benefit



How Do I Get Care?



How Do I Get Help?



TRICARE Pacific Area

TRICARE Area Office (TAO) Pacific

TAO Pacific, in collaboration with military treatment facility commanders, is responsible for the development and execution of an integrated plan for the delivery of healthcare within the Pacific area which is comprised of Guam, Japan, Korea, and Western Pacific Remote.

Location:	Okinawa, Japan (Camp Lester)
Phone:	1-888-777-8343 option 4 (if calling from the United States)
DSN:	DSN (315) 643-2036
COM direct:	81-6117-43-2036 (country code: 011)
Fax:	315-643-2037
Email:	tpao.csc@med.navy.mil

Hot News!

Training Opportunity!

TAO-P TRICARE Fundamentals Course
Location: New Sanno, Tokyo, Japan
When: June 1-5, 2009
Call directly (MT 20 Apr 09) to the New Sanno hotel for room

TRICARE Pacific Area Information

- [PHILIPPINES CERTIFIED PROVIDER LIST](#)
- [SENIOR ENLISTED ADVISOR \(SEA\)](#)
- [TRICARE SERVICE CENTERS \(PACIFIC\)](#)
- [FIND A PROVIDER](#)
- [TRICARE PACIFIC CLAIMS](#)
- [TRICARE PACIFIC CONTACTS](#)
- [2009 TRICARE PACIFIC MTF FUNDAMENTALS COURSE \(NEW SANNO\)](#)
- [2009 TRICARE PACIFIC REMOTE FUNDAMENTALS COURSE \(SOKAH ANGKOR\)](#)


Quick Links


- [TRICARE BENEFICIARY WEB SITE](#)
- [FIND A MILITARY TREATMENT FACILITY](#)
- [NATIONAL GUARD AND RESERVE MEMBERS](#)
- [MEDICARE ELIGIBILITY](#)



TRICARE Area Office: Latin America and Canada


www.tricare.mil/tma/tlac

[TMA Home](#) [About TMA](#) [Conferences](#) [TRICARE Contacts](#) [Transparency](#) [Feedback](#) [Site Map](#)




TRICARE Latin America & Canada

I'm New to TRICARE



My TRICARE Benefit




TLAC is not able to dial area code 809 in the Dominican Republic at this time. Please ensure that you provide an email address where you can be reached if you leave them a voice message.

What's New

TRICARE Latin America and Canada

The TRICARE Overseas Program (TOP) is the Department of Defense health care program outside the Continental United States (CONUS). TOP blends many features of the CONUS TRICARE program, while allowing for significant cultural differences unique to foreign countries and their health care practices. Such issues as managed care.

**Locate MTF Providers**

TLAC Area Information

[TRICARE AREA OFFICE](#)

[TRICARE SERVICE CENTERS \(LATIN AMERICA & CANADA\)](#)

[FIND A PROVIDER](#)

[MILITARY TREATMENT FACILITIES](#)



Congratulations! You've Completed Module 14: TRICARE Online Resources

You should now be able to:

- Assist beneficiaries who use the Internet and TRICARE Web sites
- State the purpose of the Web sites discussed
- Recall how to search for information in the TRICARE manuals
- Recognize online tools used to assist beneficiaries with tracking claims

